

# The Senior Profile

Freetown Council on Aging - 227 Chace Road - East Freetown, MA 02717-1008  
Office hours: Monday thru Thursday 8:00 AM to 4:00 PM, Friday 7:30 AM to 10:30 AM  
Closed Monday, May 27<sup>th</sup>, for Memorial Day  
Telephone: 508-763-9557, Fax: 508-763-9084, E-mail: [COA@freetownma.gov](mailto:COA@freetownma.gov)

The distribution of this newsletter is made possible (in whole or part)  
By a grant from the Massachusetts Executive Office of Elder Affairs

The Council on Aging's purpose is to help and serve seniors. There is no membership.  
Everyone is invited to participate in all activities at the senior center. Come by and enjoy!

## ANNUAL MAY BREAKFAST

On Monday, May 13<sup>th</sup> at 8:00 AM at Rochester Council on Aging, 67 Dexter Lane, Rochester.

- 1.) Scrambled eggs, bacon or sausage toast and coffee
- 2.) Pancakes, bacon or sausage and coffee

Please call the Freetown Senior Center to RSVP and choose your meal by May 6<sup>th</sup>. \$5.25 PP, paid when served your meal. **Freetown Senior Center will open at 9:30 AM**



## Meat Bingo Game

Wednesday, May 15<sup>th</sup>, at 12:30 PM. Cost is 2 cards for \$5.00. **You must call and pay your \$5.00 required donation to reserve a seat by Friday, May 8<sup>th</sup>**, win a Bingo; you can choose a tray of meat. The meat packages will consist of smaller portions perfect for one or two people.

## Freetown Senior Birthday Party

On Thursday, May 9<sup>th</sup>, at 12:00 PM, we will have our Birthday Party for seniors of Freetown. Lunch is Stuffed pepper with garlic bread, by Cyd's Creative Kitchen. RSVP and \$6.00 due by Thursday, May 2<sup>nd</sup>

## Luncheon

Thursday, May 23<sup>rd</sup> at 12:00 PM  
RSVP and \$4.00 due by May 16<sup>th</sup>

Baked Ham, green bean casserole and potatoes  
**SEATING IS LIMITED!**

## Cyd's Lunch: Tuesdays at 11:30 AM, \$7.00 PP

May 14<sup>th</sup>-Oven baked ranch chicken, RSVP by May 7<sup>th</sup>  
May 28<sup>th</sup>-Chicken chow mien sandwich, RSVP by May 21<sup>st</sup>

## Hearing Life

Mike Nogueira from HearingLife (formerly MassAudiology), will be here on Thursday, May 16<sup>th</sup>, to provide free hearing testing. May is "Better Hearing" month. Look forward to seeing you then. Please call the Senior Center for an appointment time. Appointments start at 10:00 AM, RSVP by May 9<sup>th</sup>

*Submitted by Kristine Terry*

## Massachusetts Bar Association 2019 Elder Law Education Program

Monday, May 20<sup>th</sup> at 10:00 AM  
RSVP by May 13<sup>th</sup>

Attorney Jane E. Sullivan of Fall River will discuss "Taking Control of Your Future: A Legal Checkup" at the Freetown Council on Aging on Monday, May 20<sup>th</sup> at 10:00 AM. This program is sponsored by the Massachusetts Bar Association and the Massachusetts Chapter of the National Academy of Elder Law Attorneys. Attorney Sullivan is a member of both organizations and will be able to answer your questions about elder law, estate and Medicaid planning.

*Submitted by Attorney Jane Sullivan*

## \*\*GOLD\*\*SILVER\*\*PLATINUM\*\*

Marc Folco will hold a **gold buying event** at the Freetown Senior Center on Thursday, May 9<sup>th</sup>, from 11:00 AM to 1:00 PM. **anyone can attend!** A portion of the proceeds will be donated to the senior center. Please call the COA for further information.



**Veterans Agent**

Bob Klevecka is our Veterans Agent. If you need his services, please call 508-763-3190, Monday thru Thursday, 9:00 AM to 3:30 PM

**SHINE Counselor**

Serving the **H**ea**I**th **I**n**S**urance **N**eeds of **E**veryone  
Our SHINE Volunteer, Dick Kelley, will be here sometime in May. Please call the COA for an appointment.

**Senator and Representatives**

Representative Paul Schmid will be here Monday, May 6<sup>th</sup>, from 10:30 AM to 11:30 AM and Wednesday, May 22<sup>nd</sup> at 9:30 AM

Senator Michael Rodrigues will be here Wednesday, May 22<sup>nd</sup>, from 9:30 AM to 11:30 AM

Representative Carole Fiola will be here Monday, June 3<sup>rd</sup>, from 10:00 AM to 11:00 AM

**Knitting and Crocheting Club**

Mondays, 10:00 AM to 12:00 PM,  
Bring your own supplies. Please call the Senior Center if you would like to attend.

**POOL TABLE**

Mondays, 9:00 AM

**Card Games-Pitch**

Mondays, 1:00 PM to 3:00 PM

**BINGO**

Tuesdays, 12:45 PM to 3:00 PM, The license for bingo requires that you be at least 60 years old to play.

**Painting Class**

Upstairs at the center on May 1<sup>st</sup>, 22<sup>nd</sup> and 29<sup>th</sup>  
Painting...Drawing...Mixed Media...Art Classes  
Wednesdays, 9:00 AM to 11:30 AM

Artists of all abilities and interests are welcome!  
Come and give it a try...it's never too late to learn some new tricks!

*Submitted by Betty Ashley*

**Line Dancing**

Wednesdays, 9:30 AM at the Freetown VFW  
Lessons \$2.00 per person, all ages are welcome.

**Parkinson's Support Group**

Our next meeting will be held on Thursday, May 9<sup>th</sup>, at Dartmouth Council on Aging, 628 Dartmouth St, Dartmouth. Please call Miles Molnan at 508-997-0907 for reservations and any questions. Please join us!

**Blood Pressure**

Wednesday, May 22<sup>nd</sup>, 10:30 AM



**Scrabble**

Thursdays, 12:30 PM

**The Freetown Senior Club**

Thursday, May 2<sup>nd</sup> at 12:00 PM

**Strength With Dyna-Bands**

Fridays, 9:15 AM to 9:45 AM, **NO Class May 3<sup>rd</sup>**  
30 minute class, \$3.00 donation requested

Get strong with certified group Fitness Instructor, Ellie Higgins. Work all muscles-upper and lower body-using Dyna-Bands. Ellie will provide the bands. Includes balance and body weight exercise. Some seated some standing, for weight bearing-important, for bone strength.

**YOGA**

Fridays, 10:00 AM, using a mat, **NO Class May 3<sup>rd</sup>**  
Your first class is free. Classes are a \$5.00 suggested donation. Come on in and try our classes.

**Kanakis Produce**

Discount on Fruit and Vegetables  
Fridays, 10:30 AM

**Podiatrist**

The Foot Doctor will be here **Thursday, June 13<sup>th</sup> at 10:00 AM and Monday, June 24<sup>th</sup> at 9:30 AM**. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**.

**Brown Bag" Program**

**Wednesday, May 22<sup>nd</sup>**

**From 10:30 AM to 12:00 PM**

**At the front of the building**

"**Brown Bag**" distribution will be held at the Freetown Council on Aging. You must be 60 years of age or older. Recipients must be low income, as measured by participation in (or eligibility for) at least one other program in which proof of income has been demonstrated. This includes elders who are eligible for SSI, Medicaid, Fuel Assistance and Food Stamps, OR your gross household income is at or below the guidelines listed.

|                 |                          |
|-----------------|--------------------------|
| <b>1 person</b> | <b>\$1,872 per month</b> |
| <b>2 people</b> | <b>\$2,538 per month</b> |
| <b>3 people</b> | <b>\$3,204 per month</b> |
| <b>4 people</b> | <b>\$3,870 per month</b> |

For questions call 508-763-9557.

We will deliver the brown bag if you cannot pick it up. If not picked up by Thursday, we will donate it.



## VAN SCHEDULING

The van runs every **Monday, Tuesday, Wednesday and Thursday**. Please call the COA at 508-763-9557 for further information. We must have at least a 48-hour notice for the van.

In order to be more efficient with the van when you call in, please have the exact **name, address and phone number** of your destination, and if you need the wheelchair lift. We can no longer schedule without this information. Thank you in advance for your cooperation.

## Compassionate Care Hospice **VOLUNTEERS NEEDED!!!**

Compassionate Care Hospice serves the needs of patients and families in Southeastern Massachusetts. An integral aspect of the care are volunteers who serve in a variety of capacities. They make friendly visits with patients to talk about interests, hobbies, favorite activities, life reviews, and even sing songs together! A volunteer can be a supportive, peaceful presence when a patient is sleeping. The volunteer also brings respite to the patient's family. Being a volunteer is a wonderful way to give back to the community and provides something very meaningful to patients and their families!

If you are interested, please contact: Michael Freilich, Volunteer Coordinator at Compassionate Care Hospice in Taunton. Phone: (508) 386-6011, Email: [Michael.Freilich@cchnet.net](mailto:Michael.Freilich@cchnet.net).

We are looking forward to hearing from you!

*Submitted by Michael Freilich*

## Lakeville Arts and Crafts Trips

Here are some trips from the Lakeville COA. If you need further information please call Lori at Lakeville COA-508-947-7224.

**May 1, 2019**, Wednesday-Red Sox-\$57/PP

**May 30, 2019**, Thursday-\$65/PP Mayflower Trolley Tour, or \$75/PP Arts Dune Tour

**June 8-9, 2019**, Saturday and Sunday, Spring in NYC \$359/PP, \$269/PP Double, \$259/PP Triple

**June 20, 2019**, Thursday, Lunch at The Fig Tree & USS Albacore Research Submarine Tour-\$85/PP

**July 11, 2019**, Thursday, Whalewatch-\$84/PP

**July 28-30, 2019**, Sunday-Tuesday, Beautiful Vermont-\$499/PP Single, \$389/PP Double



## USDA CAN HELP REPAIR YOUR HOME RURAL DEVELOPMENT

**Home Improvement & Repair Loans and Grants (Section 504)** are funded directly by the Government. These loans and grants are available to assist people who live in rural communities with a population of 20,000 or less.

**Purpose:** The Very Low-Income Housing Repair program provides loans and grants to very low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.

### →**504 GRANTS**

- Applicant must live in an eligible town
- Applicant must be 62 years of age or older
- Applicant must own and occupy a modest dwelling
- Applicant must have a very low income and be unable to repay a loan at 1% annual interest rate
- The repairs and improvements to be made must be necessary to make the dwelling safe and sanitary and/or remove health and safety hazards.

→A 504 Grant can be approved for up to \$7,500. The applicant does not have to pay the grant back to the government, but will be required to remain in the dwelling for a period of three years after receiving the grant.

→The total assistance available through the Section 504 Program is \$27,500, which could consist of a combination loan and grant.

### →**504 LOANS**

- Applicant must live in an eligible town
- Applicant must be at least 18 years of age
- Applicant must own and occupy a dwelling
- Applicant must have a very low income and be able to repay a loan at 1% annual interest rate
- The repairs and improvements may be general repairs to improve or modernize the property, as long as the dwelling remains modest.

→ **A 504 Loan can be approved for \$20,000 at a 1% interest rate which is payable over 20 years.**

Income limits yearly by household for Freetown:

**1 \$25,600 2 \$29,250 3 \$32,900 4 \$36,600**

To contact Rural Development please call 508-295-5151, extension 4, TDD: 413-253-4590, or on the web at [www.rurdev.usda.gov/ma](http://www.rurdev.usda.gov/ma)



**FREETOWN COUNCIL ON AGING**  
227 CHACE ROAD  
EAST FREETOWN, MA 02717-1008  
ADDRESS SERVICE REQUESTED

PRESORT STD.  
US POSTAGE  
**PAID**  
PERMIT #PI 112  
ROCHESTER, MA 02770

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Rosemary Haley, Senior Clerk, Editor

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Vincent T. D'Oliveira  
John E. Pye, Jr.  
Donna M. Silva

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**Director's Note**

We would like to thank the merchants who gave a wonderful 50s dance at the Lakeville Eagles Club. Everyone was so nice to the seniors. The seniors enjoyed all the delicious desserts and the beautiful raffle baskets. So many enjoyed dancing to the "Oldies"



**SPAGHETTI DINNER**

Sponsored by Freetown VFW Post 6643 and "The Friends of the VFW", this is an all-you-can-eat-pasta meal on Thursday, May 16<sup>th</sup>, from 5:00 PM to 7:00 PM. \$7.00 PP. We have raffles and door prizes. We are serving the community.

*Submitted By Bruce Wilbur*

If you wish to receive your Senior Profile by E-mail, please send us your e-mail address at [COA@freetownma.gov](mailto:COA@freetownma.gov). If you wish to check out anything to do with the town, please visit [www.freetownma.gov](http://www.freetownma.gov).

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**Country Travelers Trips in 2019**

**August 13, 2019**, Tuesday-Song, DANCE and Romance Aqua Turf Club, Plantsville, CT-Salad, Pasta, Chicken/Roast Pork Loin, Vegetable, Potato, Dessert, \$62/PP

**October 9, 2019**, Wednesday-Hart's Turkey Farm/orchard visit, Meredith, NH, \$65/PP

**October 12, 2019**, Saturday-New York City, \$65/PP

All trips are based on a minimum of 40 people reserving no later than eight weeks prior to trip. Deposit of \$100 to accompany reservation, unless cost of trip is less than, then half of cost is expected as a deposit. Some trips are planned in conjunction with other companies and they have stricter requirements which I must adhere to. All prices include drivers' gratuity.

These trips leave from the backside of Hampton Inn (Next door to White's Restaurant in Westport) **far side near tennis courts**. If enough people register from this area, they will make the Senior Center a pick up destination. Any info and/or to schedule a trip; please call Veronica Beaulieu at 508-636-4889 Schedule subject to changes and modifications

*Submitted by Judy Emond*

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